

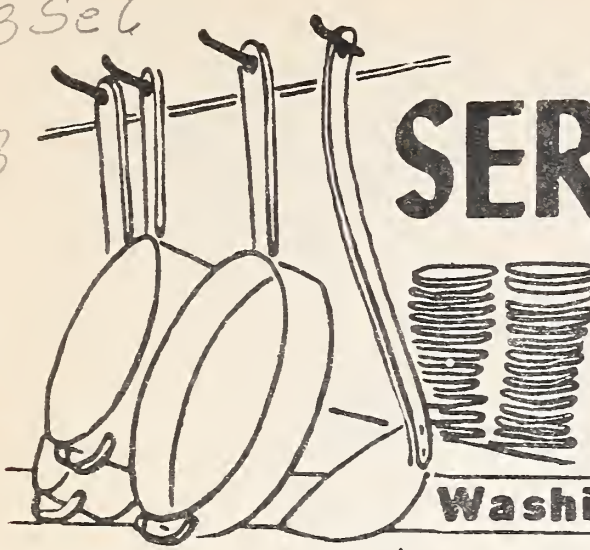
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# SERVING MANY

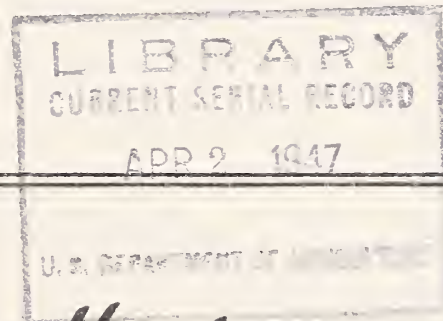
Food news for individuals and groups promoting nutrition education, and for food service managers in industrial plants, restaurants, hospitals and hotels.

Washington 25, D.C.

No. 22

APRIL 1947

## THE EGG AND YOU



*Spring is the time of seasonally heavy egg production.*

*It is the time to feature their use in all the popular ways they can be served.*



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## BUYERS' AIDS

A good buyer keeps informed on market reports. Daily newspapers often carry quotations on local produce on their financial pages. Some radio stations review local market news daily. State departments of markets issue reports and the U. S. Department of Agriculture issues crop reports, market news reports, and releases on abundant foods. For a complete list of Department of Agriculture market news releases, write to Information Service, Production and Marketing Administration, U.S. Department of Agriculture, Washington 25, D.C.



# Industrial Nutrition HIGHLIGHTS

For Editors of Plant Publications



## The Egg and You

The age-old query — "Which came first, the chicken or the egg?" — was answered recently by a scientist who asserted that seniority honors go to the egg. Well, in our opinion, eggs are still tops — tops in taste and nutrition — and right now they're high on the month's plentiful foods list.

Eggs are among our most popular foods, and when it comes to food value, they really have it. For example:

... Eggs are an excellent source of protein, so necessary for growth and the building and repairing of body tissues.

... Eggs are a source of vitamins B1 and B2, vitamin D, the "sunshine" vitamin, and vitamin A — all necessary for optimum health.

... Eggs have iron and phosphorus — minerals essential to physical well-being.

Remember that one graded "large" egg (weighing 2 ounces) provides 10 percent of the day's need for protein, 11 percent of the vitamin A, about 8 percent of the riboflavin, about 5 percent of the thiamine, and nearly 12 percent of the iron for the day.

versatile, too...

Few, if any foods, can equal the egg for versatility. Consider the many ways in which you can enjoy it at the breakfast table; fried, hard or soft cooked, scrambled, poached, coddled...even baked! Eggs go equally well with bacon, ham, and other breakfast meats. They're good with pancakes, too.

Eggs are "naturals" with any meal. They can be used as the main dish in place of meat, or can be combined with small amounts of meat. They're also good in side dishes, — in salads and desserts, for example. Eggs are used to thicken custards, puddings, and sauces. They leaven cakes and hot breads. They put the "wings" in angel food cakes, in sponge cakes, and souffles. They bind together the oil and lemon juice or vinegar used in mayonnaise. It would be a difficult world, indeed, without eggs.

## Tell the Mrs. - - -

Eggs are in abundant supply, so now is the time to eat them. Serve the more interesting and unusual egg dishes in addition to the old standbys.

When buying eggs, don't let the color of the shells worry you. Brown or white, they are equally good, the difference being only the color. Store eggs in the refrigerator to keep them fresh. Do not wash them before storing because washing



removes the natural protective shell coating which helps to keep the eggs fresh.

When egg whites have been used in a recipe, and the yolks are set aside for use the next day or so, place them in a jar and cover them with a little cold water, cover the jar tightly and place it in a refrigerator. This prevents a dry crust from forming.

## The "How" of Egg Dishes

Low temperatures provide best results in cooking eggs. This is true even in the case of hard-cooked eggs. Simmer them just below the boiling point for 25 to 30 minutes, then plunge them into cold water to cool before removing the shell. The yolk will be mealy, the white tender, and shell easily removed. The "slow heat" method is also best for scrambled or fried eggs.

Meringues should be baked for about 20 minutes at moderate heat (325° F.) for best results. They are most delicious when delicately brown. Excessive temperatures produce a tough meringue, which is apt to flatten out when removed from the oven.

Custard, the age-old favorite of grown-ups and kiddies alike, is best when baked slowly at 300° F. The size of the container governs the cooking time, but generally, about 45 minutes should be allowed for individual cups, and an hour for larger containers.

Eggs to be beaten should be allowed to stand a few minutes at room temperature. Eggs at room temperature beat up to larger volume than eggs right out of the refrigerator. Add a pinch of salt to the white for still more volume. Handle beaten egg whites gently if a light product is desired. Fold them into mixtures with a light over-and-under motion, mixing just long enough to incorporate the egg white.

Cool the filling of a cream pie before putting on meringue, if you wish to prevent that watery layer forming under the meringue.

## Egg Dishes for Dinner

Below are menus that include egg dishes and that make delicious family dinners. You can give color to these meals with crisp, flavorful salads to boost lagging appetites.

(1)

Creamed eggs on toast  
Baked potato  
Cabbage and green pepper salad  
Whole-wheat bread with butter or fortified margarine  
Fresh fruit cup  
Peanut butter cookies  
Beverage

(2)

Cheese souffle  
Baked sweetpotato  
Enriched rolls with butter or fortified margarine  
Gingerbread  
Beverage

(3)

Scalloped eggs and ham  
Parsleyed potatoes  
Buttered broccoli  
Carrot strips  
Baking powder biscuits with butter or fortified margarine  
Chocolate pudding  
Beverage

(4)

Scrambled eggs  
Hash-browned potatoes  
Green peas  
Cole slaw  
Whole-wheat bread with butter or fortified margarine  
Apple pie  
Beverage

## Other Plentiful Foods

In addition to eggs, potatoes, oranges, and canned grapefruit juice and segments, spinach — fresh and processed, peanut butter, and commercial broilers (particularly east of the Mississippi), walnuts and filberts, dried peaches, fresh and frozen fish, and tom turkeys are on the abundant list for April.



# Food Service News

For Food Service Operators and Dietitians

## The Eggs Have It

With lamb and pork less plentiful and higher in price this spring, food-service establishments will be glad to learn that eggs are in abundant supply. Eggs provide a good meat substitute for main dishes, or can be served in combination with lesser amounts of meat.

From the nutrition point of view, two eggs are about the equivalent in protein content of a serving of cooked meat, are high in iron, and supply vitamins B, A, and D. Fried and scrambled eggs, stuffed egg salad, poached eggs with a vegetable plate, chopped egg salad or sliced egg sandwiches, egg cutlets, scalloped eggs, egg omelet, cheese and other souffles, are acceptable ways of using eggs on industrial feeding cafeteria menus.

Hard-cooked eggs may be offered on the mobile unit lunch and at lunch counters for midshift meals and between meal snacks.

Egg-filled sandwiches are always popular for lunch and snacks, and stuffed egg and sliced egg salads make tasty main-course dishes along with fresh green and yellow vegetable salads, fresh tomatoes or tomato aspic, fruit salad, or hot or cold potato salad.

One egg and ham, bacon, sausage, scrapple or baked hash, or corned beef hash, make universally appealing combinations at breakfast, lunch, or dinner.

## Egg Dishes

When using eggs as main dishes or in combination with meats, it is important to have the dishes well flavored, served in adequate portions, and combined in an appetizing menu. The following suggestions have been listed before, but are repeated here for the convenience of food service operators:

Creamed hard-cooked eggs on toast

Eggs à la king

Egg croquettes

Egg cutlets

Baked egg omelet. This may be served with a variety of sauces, as cheese, tomato, mushroom, or Spanish, or may be accompanied by strips of bacon or a small portion of fried ham.

Scrambled eggs

Scrambled eggs with tomatoes

Scrambled eggs with bits of cooked bacon

Scrambled eggs with chopped ham

Scalloped hard-cooked eggs and diced ham

Scalloped hard-cooked eggs and green peas

Egg souffle

Cheese souffle

Ham souffle

Tuna fish souffle

Veal souffle

Spanish eggs (sliced hard-cooked egg with Spanish sauce)

## Use Eggs for Desserts, Too

In addition to making a valuable contribution to the food value of a meal, egg desserts offer that last sweet course desired by most industrial workers. Try these suggestions for egg desserts:

Soft custard served over diced oranges

Apricot whip with custard sauce

Prune whip with custard sauce

Sponge cake

Jelly roll filled with jelly, marmalade, plain cream, or lemon cream filling

Boston cream pie (plain cake with cream filling or chocolate cream filling)

Meringue cream pies, such as butter-scotch, coconut, chocolate, and lemon

Chiffon pies made with frozen strawberries or raspberries (a real treat)

Baked custard

Baked caramel custard

Custard pie

Coconut custard pie

Soft custard



# MENUS

## For Special Lunches



Foods generally in plentiful supply are indicated by asterisks. Footnotes refer to the source of the recipes.

Braised liver  
Boiled potato\*  
Parsleyed cauliflower  
Enriched roll with butter or fortified margarine  
Cottage pudding with fruit\* sauce  
Beverage

Hamburger cake  
Mashed potato\*  
New spinach\*  
Whole-wheat bread with butter or fortified margarine  
Apple dumpling 1/  
Milk

Scrambled eggs\* with diced luncheon meat 2/  
Home-fried potatoes\*  
Buttered green beans  
Bran muffin with butter or fortified margarine  
Baked orange\* custard 3/  
Beverage

Macaroni and cheese 4/  
Fresh spinach salad  
Whole-wheat bread with butter or fortified margarine  
Orange\* meringue pie  
Beverage

Codfish\* cakes 5/  
Egg\* sauce  
Scalloped tomatoes  
Enriched bread with butter or fortified margarine  
Citrus fruit cup  
Peanut butter\* cookies 6/  
Milk

Barbecued spareribs  
Sauerkraut  
Boiled potato\*  
Hot corn bread with butter or fortified margarine  
Coconut custard\* pie 7/  
Beverage

Boston baked beans 8/  
Pepper relish  
Grilled frankfurter  
Brown bread with butter or fortified margarine  
Fresh orange\* gelatin  
Beverage

Tomato rarebit 9/  
Hearts of lettuce with French dressing  
Toast with butter or fortified margarine  
Hot gingerbread  
Milk

Beef pot roast  
Browned potato\*  
Buttered broccoli  
Enriched roll with butter or fortified margarine  
Ice cream  
Beverage

Baked stuffed haddock  
Parsley potato\*  
Harvard beets  
Rye bread with butter or fortified margarine  
Baked Indian pudding 10/  
Beverage



Breaded pork chop with fried apples  
Mashed potatoes\*  
Rutabagas  
Rye bread with butter or fortified  
margarine  
Ice Cream  
Beverage

Salmon loaf with egg\* sauce  
Parsley potatoes\*  
Glazed carrots  
Whole-wheat bread with butter or forti-  
fied margarine  
Snow pudding  
Milk

Veal stew with vegetables (carrots, tur-  
nips, onions)  
Boiled potato\*  
Enriched roll with butter or fortified  
margarine  
Cottage pudding with fruit\* sauce  
Milk

Grapefruit\* and celery salad 11/  
Peanut butter\* and bacon sandwich  
Chocolate layer cake  
Milk

Creamed eggs\* with ham  
Baked potato\*  
Buttered peas  
Graham muffin with butter or fortified  
margarine  
Crumb pudding  
Beverage

Fish\* and egg\* scallop  
Broccoli  
Carrot strips, celery, radishes  
Rye bread or enriched white bread with  
butter or fortified margarine  
Plain cake - orange\* marmalade frosting  
Beverage

Spaghetti with meat balls  
Boiled greens  
Cabbage and carrot slaw  
French bread or rolls with butter or  
fortified margarine  
Stewed dried peaches\*  
Beverage

Hot turkey\* sandwich with giblet gravy  
Green beans  
Tossed green salad  
Chocolate cornstarch pudding  
Beverage

Corn beef hash (made with potatoes\*)  
Stewed tomatoes  
Corn bread with butter or fortified  
margarine  
Pineapple sponge with custard sauce\*  
Beverage



### Footnotes

- 1/ Recipe for Apple Dumplings is in March issue of "Serving Many."
- 2/ Recipe for Scrambled Eggs with Diced Luncheon Meat is in this issue.
- 3/ Recipe for Baked Orange Custard is in the February issue of "Serving Many."
- 4/ Recipe for Macaroni and Cheese is in this issue.
- 5/ Recipe for Codfish Cakes is in this issue.
- 6/ Recipe for Peanut Butter Cookies is in the March issue of "Serving Many."
- 7/ Recipe for Coconut Custard Pie is in this issue.
- 8/ Recipe for Boston Baked Beans is in this issue.
- 9/ Recipe for Tomato Rarebit is in this issue.
- 10/ Recipe for Baked Indian Pudding is in "Saving Sugar in Industrial Feeding," page 5.
- 11/ Recipe for Grapefruit and Celery Salad is in this issue.



# RECIPES



These recipes include foods which are expected to be in abundant national supply during April 1947.

## Scrambled Eggs with Luncheon Meat

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Eggs, whole, slightly beaten	150 eggs	750 eggs
Salt	3 oz.	15 oz.
Pepper	1/4 oz.	1-1/4 oz.
Milk, liquid	3/4 gal.	3-3/4 gal.
Butter, or other fat, melted	2 lb. 8 oz.	10 lb.
Luncheon meat (diced)	12 lb.	60 lb.
Size of portion, 5 ounces.		

### Method:

1. Combine eggs, salt, pepper, and milk.
2. Heat fat in frying pans.
3. Add egg mixture.
4. Add diced luncheon meat when eggs are partially cooked.
5. Cook slowly, stirring constantly until soft but firm.

### Another method:

1. Pour uncooked egg mixture into well-greased baking pans.
2. Bake in slow oven 325° F., about 15 to 20 minutes. Stir every 4 to 5 minutes until eggs are properly coagulated.

3. Add luncheon meat.
4. Remove from oven while eggs are still soft.

## Macaroni and Cheese

Ingredients	Amt. for 100 por.	Amt. for 500 por.
For sauce:		
Milk, liquid	2-3/4 gal.	14 gal.
Butter, or other fat, melted	1 lb., 8 oz.	7 lb., 8 oz.
Flour	8 oz.	2 lb., 8 oz.
Salt	3 oz.	15 oz.
Pepper	1 tsp.	1 tbsp.
For macaroni:		
Water, boiling	9 gal.	45 gal.
Salt	4 oz.	1 lb., 4 oz.
Macaroni	9 lb.	45 lb.
Cheese, American Cheddar, shredded	8 lb.	40 lb.
Bread crumbs, dry	1 lb.	5 lb.
Butter, melted	1 lb.	5 lb.

Size of portion, 8 ounces.

### Method:

1. Heat milk to boiling temperature.
2. Blend together fat, flour, salt, and pepper to a smooth paste. Stir into milk.
3. Cook until thickened, stirring constantly.
4. Add salt to water. Heat to boiling temperature. Stir in macaroni. Cook 20 minutes or until tender. Drain well.
5. Place macaroni in well-greased baking pans. Cover with cheese.
6. Pour sauce over macaroni and cheese.
7. Mix together bread crumbs and butter. Sprinkle over macaroni.
8. Bake in moderate oven (350° F.), 25 minutes or until crumbs are browned.

## Codfish Cakes

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Potatoes, mashed	20 lb.	100 lb.
Codfish, canned	10 lb.	50 lb.
Butter, or other fat, melted	10 oz.	3 lb.
Eggs, slightly beaten	20 eggs	100 eggs
Pepper	To taste	To taste
Size of portion, 2 (2½- to 3-ounce) cakes.		



Method:

1. Mix together potatoes, fish, fat, and eggs. Pepper to taste.
  2. Form into balls or cakes using a No. 20 ice cream scoop.
  3. Fry in deep fat at 375° F., for 2 minutes or until light brown.
  4. Serve with creamed egg sauce.
- Note: Fish cakes may be rolled in bread crumbs, cracker meal, or flour before frying.

Coconut Custard Pie

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Sugar	6 lb.	30 lb.
Cornstarch	1½ oz.	8 oz.
Salt	1 oz.	5 oz.
Eggs, whole	70 eggs	350 eggs
Milk	3 gal.	15 gal.
Butter, melted	6 oz.	2 lb.
Vanilla	2 oz.	10 oz.
Nutmeg	1 tbsp.	5 tbsp.
Coconut, shredded	3 lb.	15 lb.
Yield, 17 10-inch pies.		
Size of portion, 1/6 pie.		

Method:

1. Mix ingredients together in order given.
2. Place 3 oz. of coconut in bottom of unbaked pie shell.
3. Pour 1 quart of custard mixture into each pie shell.
4. Bake at 400° F., for 45 minutes.

Boston Baked Beans

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Beans, white, dried	12 lb.	60 lb.
Water, cold	To cover	To cover
Water, boiling	3 to 4 gal.	15 to 20 gal.
Salt	5 oz.	1 lb., 9 oz.
Mustard, dry	1 oz.	5 oz.
Salt pork, bacon, or ham fat, cubed	4 lb.	20 lb.
Molasses	1 qt.	5 qt.
Size of portion, 5 to 6 ounces.		

Method:

1. Pick over and wash beans thoroughly. Soak in cold water about 6 hours.
2. Do not drain. Add boiling water to cover. Simmer about 1 hour until beans are tender, but not mushy. Drain off excess liquid. Reserve the liquid.
3. Add salt, mustard, salt pork, and molasses. Place in baking pans.
4. Bake in slow oven (300° F.), 4 to 5 hours, adding liquid from the boiled beans as needed.

Tomato Rarebit

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Tomatoes	3 No. 10 cans	15 No. 10 cans
Butter, or other fat, melted	5 lb.	25 lb.
Flour	2 lb.	10 lb.
Salt	6 oz.	1 lb., 14 oz.
Mustard, dry	½ oz.	2½ oz.
Cheese, American Ched- dar, shredded	15 lb.	75 lb.
Size of portion, 1 cup.		

Method:

1. Heat tomatoes to boiling temperature.
2. Blend together fat, flour, salt, and mustard to a smooth paste.
3. Stir into tomatoes. Cook, stirring constantly, until thickened.
4. Add cheese. Stir until melted.

Grapefruit and Celery Salad

Ingredients	Amt. for 100 por.	Amt. for 500 por.
Grapefruit sections (canned or fresh)	3 gal.	15 gal.
Celery, diced	4 lb.	20 lb.
Lettuce, coarsely cut	2 lb.	10 lb.
Mayonnaise	½ gal.	2½ gal.
Size of portion, 3/4 cup.		

Method:

1. Mix together grapefruit, celery, and lettuce.
2. Add mayonnaise. Toss lightly until well mixed.



# Operational TIPS

## Good Purchasing Practices

Good buying is basic to good industrial feeding. How is your PQ (Purchasing Quotient)? Self-check your job performance now:

1. Do you keep informed about market conditions and prices, and do you carefully determine your food needs?

2. Do you buy from reliable dealers, and are you careful to specify quality, quantity, and kind?

3. Do you purchase the best size and quality of foods for the purpose, do you buy seasonable foods and utilize those in abundant supply?

4. Do you specify dates of delivery and carefully check goods received for kind, quality, and quantity, and reject foods below the quality specified?

5. Do you return amounts of foods in excess of the quantity ordered and refuse to pay prices above the prevailing market price?

6. Do you refuse to accept personal favors or gratuities?

7. Do you store foods promptly under sanitary conditions, hold foods at the optimum temperatures, inspect foods in storage regularly for signs of spoilage or contamination, and sort perishable foods in order to use ripe products first?

8. Do you issue foods from storeroom on requisition under controlled conditions?

9. Do you know the amount of stock on hand, its condition and its value?

If you can answer all of these questions with a firm "yes," then your PQ is 100.

## Quality Standards

Quality and price are inseparable in good buying of foods. Two foods plentiful in April may be used as examples of buying quality foods.

What is a good buy in oranges? Check by these standards:

1. Well-packed crate, free of spoiled fruit.

2. Size best suited to your needs, for example, sizes 126 to 176 for sectioning, sizes 150 to 200 for slicing, sizes 200 to 252 for juice.

3. Type best adapted to the purpose, for example, select tougher-membraned Navel type of oranges for sectioning or for serving on the half-shell; select thin-membraned heavy oranges for juice.

4. Excellent quality oranges are heavy for their size, thin-skinned, and have fine-grained skins with a glossy sheen. The sections are full and tender and the flavor is fine and sweet.

What is a good buy in shell eggs? A low price does not make a good buy unless the eggs meet these standards:

1. Carefully packed in crates and free from broken or cracked eggs.

2. Correctly sized for use - larger eggs for table use, medium and small eggs for cooking and baking.

3. Clean shells.

4. Thick white, full high yolks, free from blood clots.

5. Fresh, natural odor and flavor.

In the May issue of "Serving Many" another article on Food Purchasing will appear.



# What's New in FACILITIES

## Small Plant Cafeterias

Small plant cafeterias are in the news this month. Many plants with 50 to 100 workers are planning feeding facilities, judging by the number of requests for information which have been received by the U. S. Department of Agriculture.

Careful planning in all details, from installing and equipping the facility to operating it efficiently, is essential to the success of the small plant food service.

The equipment in installations with a small meal load should be kept to the essentials required. This will keep the initial cost of the installation low and minimize labor cost for food preparation and service.

A simplified menu is recommended. Offer a plate luncheon consisting of one entree (meat or meat alternate), two green or yellow vegetables, small salad, beverage (milk and coffee), enriched or whole-wheat bread, butter or fortified margarine. In addition, a limited variety of salads, sandwiches, and desserts may be made available.

The principle of flow production, discussed in the September 1946 issue of "Serving Many," can be introduced in the small unit. The cafeteria plan with a meal load of from 50 to 100, shown on the back page of this issue illustrates this principle. Follow the direct flow of supplies from delivery to storage, through rough preparation, final preparation, and to the serving of the food. The seating capacity of the cafeteria can be adjusted to meet individual requirements.

By placing the one section hotel-type range with oven adjacent to the serving counter, the steam table can be elimi-

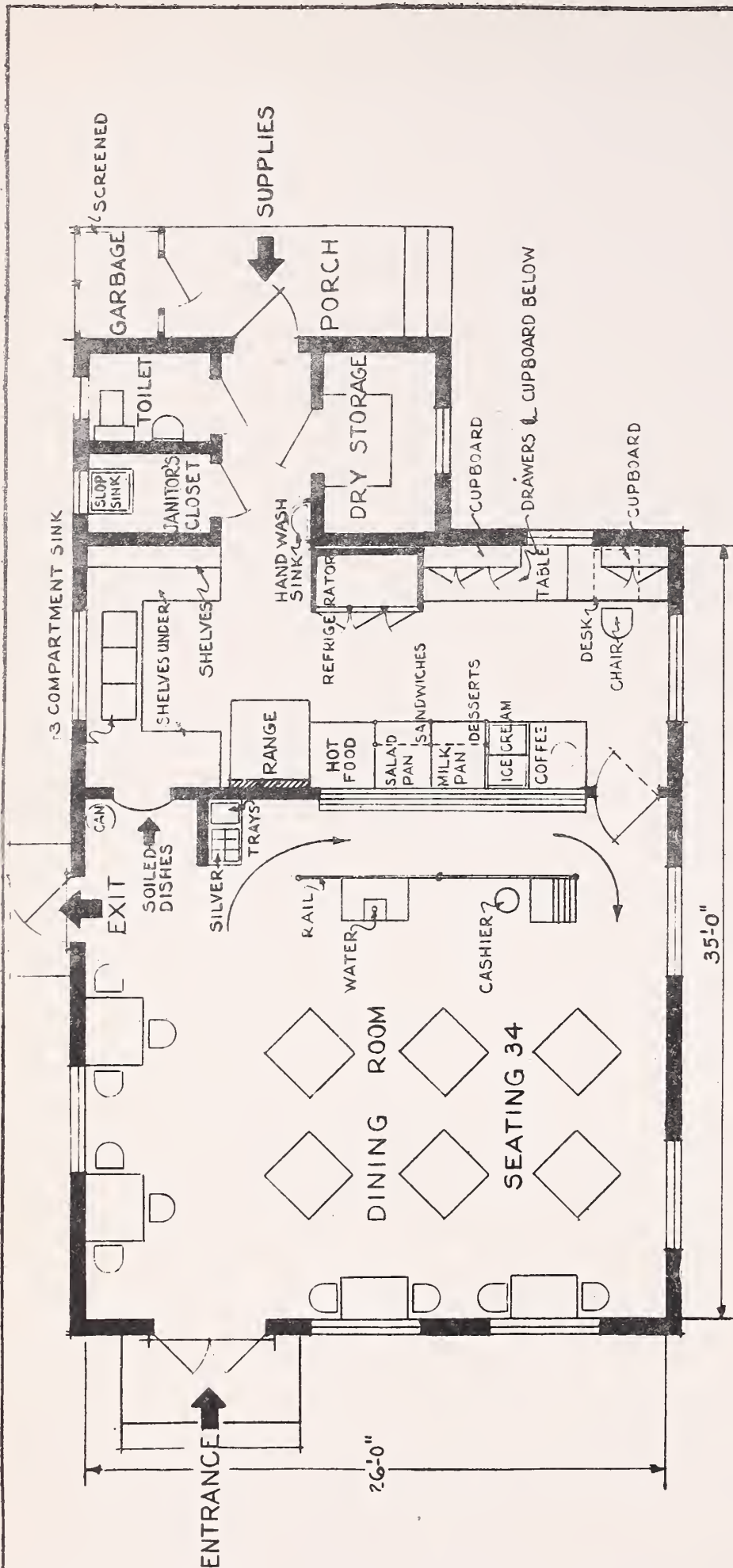
nated. Hot food can be served directly from the range. The refrigerator is located so that salads can be conveniently placed inside from the adjoining preparation table, and kept under refrigeration until needed on the counter.

A three-compartment sink, for vegetable preparation and dishwashing, is located to make self-bussing of dishes possible. Ask workers to cooperate by not removing dishes from their trays while eating, and by returning their trays to the soiled dish "return." Self-bussing provides for continuous use of tables, and eliminates the need for bus boys or girls.

Since no automatic dishwasher is provided, special care should be taken to comply with the best sanitary methods of dishwashing. Dishes should be scraped before being placed into the first sink compartment. A good detergent should be used in the specified amounts for dishwashing. Manufacturers of detergents specify the amount to be used for best results. Health departments usually require that the wash water should be not less than 140° F., and the rinse water 180° F. In most instances, 180° water is not supplied, so a booster should be installed to raise the temperature in the third compartment to the required 180°. Dishes should be kept completely submerged in this 180° water for at least 2 minutes. If the dishes are placed in long-handled wire racks, they can be removed without touching the water and left to air dry, making towel-drying unnecessary.

Additional information on lay-out, design, and construction can be found in Part II of "Industrial Feeding Facilities," available upon request. Other plans, designed for meal loads of from 100 to 200 and larger, are also available.





# PLAN OF BUILDING

DINING ROOM SEATING-34 MEAL LOAD 50-100

SCALE = 0 2' 4' 6' 8' 10' 12'

## NOTES

DINING ROOM MAY BE EXTENDED OR REDUCED TO ACCOMMODATE THE NUMBER TO BE SEATED AT ONE TIME.

WHERE CAFETERIA IS TO BE LOCATED WITHIN AN EXISTING PLANT BUILDING, OUTSIDE LIGHT SHOULD BE AVAILABLE FOR BOTH KITCHEN AND DINING ROOM. ALSO, DRY STORAGE, JANITOR'S CLOSET OR TOILET ROOM SHOULD NOT BE SACRIFICED UNDER ANY CONDITIONS. THE ANGLE CREATED BY THESE ROOMS CAN BE DEVOTED TO OTHER PLANT USE. ENTRANCE TO KITCHEN SHOULD BE MAINTAINED AS SHOWN FOR EFFICIENCY OF KITCHEN OPERATIONS.

INDUSTRIAL FEEDING FACILITIES MANUAL	
CAFETERIA	
MEAL LOAD, 50-100	
SEATING 34	
SERIES	TITLE OF SHEET
CAF	PLAN
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INDUSTRIAL FEEDING PROGRAM	
FOOD DISTRIBUTION PROGRAMS BRANCH	
PRODUCTION AND MARKETING ADMINISTRATION	
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